

WARREN



"Jolly Rogers"

SENTINEL

WWW.WARREN.AF.MIL

Volume 65, Issue 15

F. E. Warren Air Force Base, Wyo.

April 14, 2006

Aaron	Ability is what you make it	2
Anti-tobacco campaign	Inspired by 0-0-1-3	12
CCAF	April graduates	23

DORM
WINNERS

5





HUNTING FOR TREASURE

Children of Warren members hurry to grab as many Easter eggs as possible at the Easter Egg Hunt Saturday at the new community center.

Photo by Staff Sgt. Theresa Donnelly

Clearing the streets

13



Volunteers:
Making a difference

16



Youth
bowling
winner

17



Commentary

Ability is what you make it

Capt. Nicole Walters
90th Space Wing Public Affairs

I've worked in radio for 15 years. I've worked with celebrities, senators, governors and a lot of other radio people. But I've never worked with anyone that compares with Aaron.

I'd worked for Clear Channel here in Cheyenne for about six months when Aaron started. He worked as a board operator for Rockies games. The Rockies games are broadcast regionally, so he was responsible to make sure the station was receiving and broadcasting the games by manipulating a series of potentiometers.

Since most of the time I'm in the station after business hours, I always say hello to anyone who happens to be in the building. Aaron would be sitting in the AM control booth monitoring the games. I'd say hello—and he wouldn't say anything back.

One night, after Aaron had been working at the station for about three months, I said hello to Aaron. I was halfway down the hall when I heard a meek "hi."

About a month later, Aaron came into the studio when I was recording.

"S'up," I said.

After about seven seconds Aaron said, "Just ... just ... getting ... my paycheck."

It was then I realized Aaron wasn't a 19-year-old punk kid who hid in the AM booth. Aaron had a disability. Aaron, with his smaller stature, walked timidly to hide the effects of the disease that had accompanied him since birth. He struggled to have conversations because it was easier not to talk to anyone. And besides, he didn't know what people would think.

Aaron got the job at the radio station via the Governor's Planning Council on Developmental Disabilities. The state program helps disabled people find work and develop their skills.

Aaron quickly mastered board-oping and Craig, the station's general manager,

saw Aaron's growth. Aaron then began to board-op for live remotes. (I have yet to master this task.)

One night, I was in the studio recording when the phone rang. I answered it.

"I see you're drinking 1 percent milk. Is that because you think you're fat? Because you're not. You could probably be drinking whole milk," a voice said.

"Excuse me?" I said.

"You know, there's like a load of gangs at this school. This one gang kept wanting me to join because I'm pretty good with a bowstaff," the voice said.

I hung up. Stations get pranked all the time, although being pranked with "Napoleon Dynamite" soundbites was a first.

I went down the hall to tell the program director and Aaron what happened when I found them in the production room rolling on the floor with laughter.

"Aaron!" I sternly queried. "Did you just prank me?"

"Yes..." said Aaron.

"That was so cool!" I said. "Teach me how to do it!"

We spent an hour pranking everyone whose number we could think of.

At 20, Aaron got his driver's license. It was a big day when his mom didn't drive him to work. He drove himself. We all teased him about seeing him on the road and how he couldn't be a maniac driver. He took it all in stride.

At 21, Aaron was legal to drink. I talked to him about drinking responsibly and he assured me the girls at the party

— Aaron, Page 3

Street Talk

Now that the weather is warming up, what do you have planned for summer?



"Retiring and moving back to my home of record [in] New Mexico."

- **Tech. Sgt. Karen Norton, 90th Medical Operations Squadron**



"Exploring Wyoming. I really want to see the historic side of Wyoming."

- **Senior Airman Phenice Cooper, 90th Logistics Readiness Squadron**



"I'm actually PCSing to Ramstein and I'll probably go see my family."

- **Airman 1st Class Jason Hopper, 90th Missile Security Forces Squadron**



"I'll go home on leave and just spend time enjoying the sun."

- **Senior Airman Danielle Silvers, 90th Missile Security Forces Squadron**

WARREN SENTINEL STAFF

Col. Michael Carey
90th Space Wing commander

Maj. Laurie Arellano
Chief of Public Affairs
Capt. Nicole Walters
Chief of Internal Information
Tech. Sgt. Steve Goetsch
Superintendent of Public Affairs

Senior Airman Lauren Hasinger
Editor
Senior Airman Tessa Cubbon
Staff writer

The Warren SENTINEL is published by Wyoming Newspapers, Inc., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 90th Space Wing. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Warren SENTINEL are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the DoD, the Department of the Air Force or Wyoming Newspapers, Inc., of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

DEADLINES:

Articles are due to public affairs, Building 250, room 201, by 4:30 p.m. Thursday the week before publication. Classified ads are due by 11 a.m. Tuesday the week of publication.

Classified ads can also be dropped off or mailed to Wyoming Newspapers, Inc., 202 E. 18th St., by 1 p.m. Tuesday the week of publication. Articles and ads that don't meet these deadlines won't be considered for that week's issue. Edito-

rial content is edited, prepared and provided by 90th Space Wing Public Affairs of Warren Air Force Base, Wyo., of Air Force Space Command. All photographs are Air Force photographs unless otherwise indicated. Public affairs reserves the right to edit content to conform to style and space requirements. Articles run on a space-available basis.

Direct questions or comments to the SENTINEL at 773-3381 or e-mail at Sentinel@warren.af.mil.

Published by:
Wyoming Newspapers, Inc.
202 E. 18th St., Cheyenne, WY, 82005
(307) 632-5666
Sentinel@warren.af.mil

What:
Blow-out Bingo Extravaganza (Crystal Bingo)

When:
Tuesday, April 18, 2006 Time: 6:30 - 8:30pm

Where:
Pronghorn Center

Cost: \$8

**RSVP by Friday, April 14th
to Kim Phillips at 638-4665**

Crystal Bingo is an annual function of the Warren Spouses Club.
Bi-laws of the club dictate prize eligibility for this event.
While guests of members are more than welcome to attend,
the only winners of prizes can be WSC DUES-PAYING MEMBERS!
Thank you.

Sponsored by the Warren Spouses Club



Quit for

your family
your health
your kids
your budget
your strength
your friends
your readiness
your unit

your country

Need support? Want quit information? Want to hear how someone else quit?
Support groups for those thinking about quitting and those who have already quit.
Free Medications Available: Why wait another day?

**Tobacco Cessation Support Groups
@ the HAWC**

New Classes begin every Month

Questions? Contact the HAWK 773-4267

Don't Quit Quitting

Aaron, From Page 2

wouldn't let him overindulge. Yes, girls. Aaron always gets the girls.

Approximately six months ago, Aaron got his own radio show. It's an AM show featuring people with disabilities.

Last week I was recording and Aaron asked if he could play his promos for me. Aaron cut his own

commercials. With CoolPro, Aaron recorded and edited his own voice promoting his shows. Usually with CoolPro, we take out the voicer's breath sounds, layer the spot with music and manipulate levels to protect the soundfile. Aaron was able to take out the pregnant pauses caused by his 'disability'. Unless you knew

it was Aaron, you would never know the voice that cut those spots was someone who was classified with a disability.

Aaron has been accepted into a school in Florida to learn to become a professional sound engineer; he leaves in August. His goal is to work for a recording

studio producing albums.

I've never met someone with more talent, more passion and more drive than Aaron. The labels someone else placed on you don't dictate who you are. He's shown me whatever drives you can lead you to places no matter what your "disability."

I'm going miss his prank calls.

790 MSFS member killed in motorcycle crash

Iowa native, 22, was at Warren just under a year

Airman 1st Class Brandy Fehr, 790th Missile Security Forces Squadron, died Saturday, April 8 from injuries due to a motorcycle accident in Penrose, Colo.

"It's very painful to lose a member of our Warren family," said Col. Michael Carey, 90th Space Wing commander. "Our thoughts and prayers are with Brandy's family, co-workers and friends."

Funeral services will be 11 a.m. Saturday in Boone, Iowa, with military honors conducted by members of the Air Force from Offutt Air Force Base in Omaha, Neb.

Airman Fehr was born June 24, 1983, in Boone, the daughter of Ronald and Sandra Fehr.

"Brandy's devotion to duty and [her] flight were proven by her ability to bring out the best in everyone. She was more than a coworker to most; she was a friend," said Staff Sgt. Katie Sullivan, 790 MSFS.

"Her professional attitude, duty performance and contagious smile will leave a never-ending mark on the 790 MSFS."

Airman Fehr was a member of the Veterans of Foreign Wars Auxiliary of Boone. She graduated from Boone High School in 2001 and attended Des Moines Area Community College in Ankeny, Iowa. In high school, Airman Fehr was an avid sports photographer for the Boone Senior High School Scroll and was involved with the arts. She was also a member of the yearbook staff.

Airman Fehr arrived at Warren from Lackland AFB, Texas, in May 2005. She is survived by her parents, Ronald and Sandra Fehr and her second family—the 790 MSFS.

"All who knew her feel blessed for the time they had with Brandy," said Sergeant Sullivan. "There's a void in our lives that can't be filled."



Courtesy photo

Airman 1st Class Brandy Fehr, shown here in an undated photo, died Saturday in a motorcycle accident in Penrose, Colo. The 22-year-old Iowa native joined the Air Force Nov. 29, 2004, and arrived at Warren May 2005 as a member of the 790th Missile Security Forces Squadron.

A MEMORIAL SERVICE IS SCHEDULED FOR 10 A.M. TODAY AT THE HIGH PLAINS CHAPEL.

DORM WINNERS



Airman 1st Class Jeffrey Lewis, 90th Missile Maintenance Squadron, accepts a \$1,000 check from Col. Michael Carey, 90th Space Wing commander, on behalf of Dorm 223 April 5 in Building 250. Members of the dorm won Dormitory of the Quarter.



Photos by Senior Airman Tessa Cubbon

Senior Airman Jeannette Collins, 90th Medical Operations Squadron, is congratulated by Col. Michael Carey, 90th Space Wing commander, April 5 in Building 250 for winning Dorm of the Quarter.

Briefs

Road closure

The intersection at Central Avenue and Stage Coach Road will be closed through Monday due to repairs to the railroad tracks. Access to buildings 1500, 1501, 1502, 1503, 1504, 1505, 1506, 1507, 1510, 1511 and 1518 will be from the south via Randall Avenue to Central Avenue then to Stage Road or from Missile Drive. Access to these buildings cannot be obtained from the east via Wapiti or Central avenues.

For more information, call Clark Varnum at 773-3271, Harry Furrey at 773-3539 or the construction management office at 773-2288.

Warren Spouses' Club

Blow-out Bingo Extravaganza

The Warren Spouses' Club is having an event called 'Blow-out Bingo Extravaganza [Crystal Bingo]' 6:30 - 8:30 p.m. Tuesday at the Pronghorn Center. The cost of the event is \$8 and persons interested should RSVP by today to Kim Phillips at 638-4665. Crystal Bingo is an annual function of the Warren Spouses' Club. Bi-laws of the club dictate prize eligibility for this event. While guests of members are more than welcome to attend, the only winners of prizes can be WSC dues-paying members.

Earth Day display

In celebration of the 36th anniversary of earth day, the 90th Civil Engineer Squadron environmental Flight is sponsoring a display booth in front of the base exchange from 9 a.m. to 4 p.m. Tuesday.

There will be free recycled giveaways, such as comic books, pens, Earth-globe balloons, coloring books, posters and more. The booth will also display innovative ideas for household and office recycling, purchasing environmentally friendly products and conserving energy and water.

Library presentation

A court appointed special advocates of Laramie County presentation by Lindi Kirkbride is scheduled to be held at 2 p.m. Tuesday at the base library. April is Child Abuse Prevention Month. This presentation will provide attendees with local information and volunteer opportunities.

For more information, call 773-3416.

April is Sexual Assault Awareness Month

Victims now able to confidentially report assault

Article courtesy of the Sexual Assault Response Coordinator office

Under the Department of Defense's Sexual Assault Prevention and Response Program, reporting procedures have changed dramatically.

Confidentiality represents the most significant single change in sexual assault policy, and it addresses a major barrier to reporting.

Many victims are not emotionally prepared for a criminal investigation due to fear, embarrassment, shame and sense of violation that follows an assault. Restricted reporting provides a viable reporting option to those who in the past have foregone medical

care to avoid being involved in a criminal investigation.

Restricted reporting allows victims to confidentially receive medical treatment and support without automatically triggering a criminal investigation. This reporting option provides victims with more control over the release of their personal information and affords them additional time to weigh their options and seek guidance about whether or not to participate in a criminal investigation.

The sexual assault response coordinator is responsible for advising the victim of the reporting options available to him or her, explaining the benefits and limitations of each, explaining the exceptions that can apply to restricted reporting, and documenting the reporting option

the victim selects.

Victims who desire treatment and/or support, as well as an investigation, can select unrestricted reporting. This reporting option follows the protocol used previously – medical treatment, counseling, command authority notification and investigation.

By increasing a victim's reporting options and improving a victim's access to services, the DoD hopes to create a "climate of confidence" in which servicemembers will trust that the system will respond appropriately when reporting a sexual assault and support their recovery.

Warren's SARC office is located in Building 1200, Room 116. The 24-hour sexual assault reporting hotline is 773-6444.



Meeting

Thursday April 20

Ground-Zero

Trail's End Club

3:30 p.m.

CGOC president: 1st Lt. William Hassey
773-4930

NCOA CLASS 2006-3 GRADUATES

Congratulations to the following technical sergeants:

John McCallum, 319th Missile Squadron

James Bond, 90th Civil Engineer Squadron

James Boyd, 90 CES

Jeffrey Thielman, 90th Missile Maintenance Squadron

Robert Woods, 90 MMXS

Eric Breton, 90th Missile Operations Squadron

Cornelius Sagiao, 90th Operations Support Squadron

William Murphy, 90th Security Forces Squadron

Larry Mays, 90th Security Support Squadron

Eugene Renner, 90 SSPTS



Photo by Lorri Welsh

BIG WINNER

First Lt. Daniel Vorenkamp, 90th Missile Security Forces Squadron, is presented a deposit slip for a \$1,000 credit to his club membership card by Col. Allen Jamerson, 90th Security Forces Group Commander, and Lt. Col. Stephen Thompson, 90th Services Squadron Commander. Lieutenant Vorenkamp won the money from the Air Force Club Membership Drive that was held last fall. Air Force Space Command had 595 new members join during the drive. Lieutenant Vorenkamp was the only winner from Warren in the command-wide drawing for six winners. For information on becoming a club member, contact the Trail's End Club at 773-3048.

Anti tobacco campaign: inspired by 0-0-1-3

Warren member starts campaign to curb smoking

Matt Cox
90th Communications Squadron

Trying to out-market the masters of marketing is a remarkable challenge.

Nobody markets its brand quite as persuasively as the big tobacco companies.

Brian Hoflund, health and education program manager for Warren's health and wellness center, is taking a page out of big tobacco's guerilla-marketing guide by implementing his own creative advertising, or anti-advertising, campaign to curb tobacco habits on base.

When discussing ideas about promoting the HAWC's *You Can Quit* tobacco cessation program here, Mr. Hoflund makes no bones about how hard it is to change a culture that has accepted tobacco use for so long.

"A good media campaign can get people talking," he said, "and no one does it better than the tobacco companies."

Fighting the giant on its own terms is fruitless; it will take a grassroots movement to buck the Marlboro Man off his saddle.

With this in mind, Mr. Hoflund is invigorating the *You Can Quit* program through a media blitz similar to that of another Warren program, 0-0-1-3.

He mentioned the

responsible drinking campaign's powerful advertising methods as a good mode to follow.

"I wanted to develop something that would be forever associated with [Warren] tobacco cessation like the 0-0-1-3 (is for responsible drinking)," said Mr. Hoflund. "It is difficult to market something without a symbol representing the product."

Since his arrival in the HAWC office six months ago, Mr. Hoflund has used every resource available to get the word out: "I have marketed the tobacco cessation program with media including the commander's channel, e-mails, fliers, table tents, and posters around base," he said.

He will continue on this path, but he hopes the new slogan will add consistency to the campaign people will remember.

You Can Quit is a behavior modification program for tobacco users created by the American Cancer Society Rocky Mountain Division.

It's unique because of its combination of medicine, education and support.

At Warren, the program provides people exposure to a variety of skills and tools proven effective in helping people kick the tobacco habit.

"We are also implementing the same successful methods now utilized by the Mayo Clinic, includ-

To help promote the Warren health and wellness center's tobacco cessation program ***You Can Quit***, HAWC health education program manager Brian Hoflund looked to create a clever and effective marketing hook similar to that implemented by Warren's responsible drinking campaign, 0-0-1-3.

Striving to accurately convey the message while not sugar-coating the immense danger of tobacco use, Mr. Hoflund decided on the graphic to the right as the program's new identity.

Marketing a Quitter

Headstone
Nothing signifies the dangers of tobacco like a gravestone.

Chew, Too
Since *You Can Quit* includes spit-tobacco along with smoking, this sums it up.

Slogan
An accurate, strong message to hammer home the point!



Graphic by Matt Cox

ing combination therapy, prescription drugs, and counseling," Mr. Hoflund said. "It is important to remember that any tobacco cessation program, including medications, hypnosis, classes, etc., will not make you quit."

Warren's program is geared to have these elements work together to address many of the pitfalls that makes quitting so hard.

Although it's a societal issue at large, it's an issue that significantly affects Airmen and the Air Force.

According to Mr. Hoflund, a study recently released indicates that cigarettes and spit tobacco are costing the Air Force \$107.2 million a year; \$20 million in medical care and \$87 million in lost work days.

Carrie Michaels, a civilian working in the 90th

Security Forces Squadron reports and analysis office, heard about the program last year.

After receiving a blanket e-mail advertising the class, Ms. Michaels decided to give the class a shot.

"Last March I would smoke anywhere from one to two packs a day," she said.

Since joining the class this year, the 27-year smoker has been smoke-free for 22 days and counting.

Ms. Michaels credited the program's combination of tools for her success.

Currently there are 84 individuals who are either actively participating in the *You Can Quit* program or receiving medications, according to Mr. Hoflund.

It wouldn't be 2006 if an online companion program didn't exist to offer another layer of support.

The tobacco online module at php-ids.com Web site is available to those not interested in attending class.

The *You Can Quit* program is offered every month and is available to all DoD personnel, active duty military and their dependents, and retirees and their dependents.

It is a four-week class to help tobacco users quit the habit for good.

For those who qualify, medicine is available to assist during the quitting process.

Mr. Hoflund urges those who want to attend the classes but aren't sure on the types of medicines available to help them to contact him.

For more information on the *You Can Quit* smoking cessation program and all other HAWC programs, contact Brian Hoflund at 307-773-4292.



Clearing the streets

Snow removal team works to keep base clear

Tech. Sgt. Steven Goetsch
90th Space Wing Public Affairs

Long before you receive the delayed reporting call, members of Warren's snow removal team have been hard at work, clearing the base of the previous night's snow.

Warren's snow removal team is made up of members from the 90th Civil Engineer Squadron. There are 16 military members, 13 permanent civilians and six seasonal workers to tackle this immense task.

The team has no shortage of equipment either with several snowplows and blowers, de-icers and graders that hit the road until the job is complete.

Coordinating all of this manpower and equipment could be likened to conducting a symphony orchestra. Warren's conductor is Master Sgt. Tim Olesinski, heavy equipment superintendent. Sergeant Olesinski is a snow removal veteran and knows how important his team is to Warren's mission.

"The men assigned are truly pleased and honored knowing that they have met the challenge of getting over 5,000 people to their homes, work and anywhere else they are traveling to, in a safe manner," said Sergeant Olesinski. This job has several steps that start long before the snow does.

The team works 24-hour operations between Oct. 15 and April 15. Shift work might not be appealing to some, but it's a high-point for one equipment operator.

"The most rewarding thing for me is the change in work schedule," said Senior Airman Shawn Lamers, 90 CES. "During snow season I work from 3 to 11:30 p.m. which helps change it up a bit."

The member on-duty monitors current weather conditions with the help of 90th Operation Sup-



Courtesy photo

Senior Airman Shawn Lamers, 90th Civil Engineering Squadron, replaces a blade on the moldboard of one of the base's snow plows. Maintaining their equipment enables the snow removal team to keep the roads clear and Warren moving.

port Squadron weather shop. Shift leaders also keep Sergeant Olesinski updated with equipment and personnel updates. This is important as the

equipment and Airmen are pushed to their limits, safety becomes a concern.

"Of course rest, exercise and diet

all play a role in the condition of our people. We are constantly checking on the drivers and encouraging them to take breaks and stay hydrated. We try not to let them operate equipment after anything over a 12-hour shift," said Sergeant Olesinski.

If you've ever wondered why the snowplows are cleaning the parking lot across the street before yours, it's because the snow team has a schedule of priorities. These priorities are established by the Snow and Ice Committee, which is chaired by the wing commander. If you are not satisfied, each squadron is encouraged to send a representative and put forth an appeal for a priority.

Sometimes individuals are impatient with the snow removal team's progress, but there are many issues that affect them.

"I would hope that the people are patient and understanding. There are so many factors to consider when doing this mission; equipment failure, changing weather conditions and meeting each of the priorities in the order that they come in," said Sergeant Olesinski.

Not only do they respond on base, but the team also completes requests with Warren's top priority, the intercontinental ballistic missile mission.

"When a call from [the] maintenance operation center [reaches] our snow control center, we immediately send lead support equipment to the MAFs (missile alert facilities) and LF's (launch facilities)," said Sergeant Olesinski.

Despite the challenges of working on a historic base with ever-changing Front Range winds, the crew can generally clear the base in a 96-hour period. That is good news for Warren because mother nature doesn't always cooperate with us defending America with the world's most powerful combat ready ICBM force.

Combat skills prepare Airmen for deployment

Training includes improvised explosive device awareness, M-16 familiarization, rifle fighting and convoy training.

Staff Sgt. Don Branum
50th Space Wing
Public Affairs

SCHRIEVER AIR FORCE BASE, Colo.—What difference does Expeditionary Combat Skills training make for Airmen who are preparing to deploy?

For one satellite systems operator with the 4th Space Operations Squadron, the answer is: a big one.

"I feel better prepared now than before," Senior Airman Dale Harris said. "If your career field doesn't deploy, you should get this kind of refresher training every couple of years."

Airman Harris was one of 100 Airmen who participated in a Wing Expeditionary Readiness Inspection at Schriever Air Force Base, Colo., March 14-16. He will deploy as a third-country national escort soon with Aerospace Expeditionary Forces 3 and 4.

The WERI was the first deployment training environment Airman Harris had experienced since Basic Military Training's Warrior Week at Lackland AFB, Texas.

The Expeditionary Com-

bat Skills training included convoy training, improvised explosive device awareness, individual tactical maneuvers, M-16 familiarization, rifle fighting and integrated base defense. Airman Harris said the training was more encompassing than what he had experienced during Warrior Week.

"They made it realistic—like it would be out in the field, not like we were sitting in a tent all day," he said.

Airman Harris' appraisal is not the only positive review the combat training has received. Several Airmen approached Lt. Col. Paul Scholl, 50th Security Forces Squadron Commander, and the 50th Space Wing Inspector General team with encouraging feedback.

Tech. Sgt. Brian Johnson and Staff Sgt. Joshua Ernst, 50 SFS, were responsible for planning and conducting the training. The ECS training resembles ground combat skills training that security forces Airmen receive during technical training but is not as in-depth.

"We teach the same individual tactical maneuvers that we learn," Sergeant Ernst said. "And the rifle-



Photo by Kim Krulis-Johnson

Airmen practice individual tactical maneuvers during a Wing Expeditionary Readiness Inspection in March. Airmen with the 50th Security Forces Squadron presented Expeditionary Combat Skills training during the WERI.

fighting techniques are the same throughout the military, period."

Planning the ECS course for Airmen in the WERI took approximately two months and involved taking a lot of work home, Sergeant Ernst said.

"This was kind of our baby. We put a lot of work into it; we wanted to make sure it went off without any hitches," he said.

"As a trainer, you want your guys to have the best and most up-to-date knowledge they can possibly have," Sergeant Ernst said. As a result, the IED aware-

ness class offered more than what the Air Force requires as part of ECS training.

A team of 50 SFS NCOs conducted the training during the WERI's second day. By breaking up Airmen into smaller groups, the team compressed the 19-hour course into one 12-hour day—something that could not have happened without the team members' and leadership's full buy-in, Sergeant Ernst said.

Airman Harris put his newly refreshed knowledge to use during the WERI's third day—a day packed with simulated mortar fire, chemical warfare attacks and an

enemy advance toward the base.

"It was realistic—it felt like I was actually in-theater because of all the smoke grenades and 'explosives,'" Airman Harris said.

Sergeant Ernst's goal is for Airmen to have more than just a basic ability to function in a deployed environment.

"I want not just for them to be able to function, but to have an idea of how to react in a situation, whether it's an IED, a convoy, direct or indirect fire," he said.

Airman makes volunteering a habit

90 MSFS member makes effort to benefit community, base

**Airman 1st Class
Connor Elayan**
*90th Space Wing
Public Affairs*

With long duty-hours and school to concentrate on, it may be hard for some Airman to devote their time to volunteering on and off-base.

Senior Airman Monica Wong, 90th Missile Security Forces Squadron, makes an effort to set aside time to volunteer. For her, it has become a habit.

"I am pretty good with managing my time, and I enjoy volunteering, so I don't ever mind fitting it in my schedule."

Airman Wong's most notable off-base volunteer activity is her participation in the Save One Student program, a tutoring program for local students. Airman Wong tutors two third grade students at Freedom Elementary two to three times per week for one hour during the students' lunch break.

"There are days that we practice math and English, but most of the days we play educational games

such as my favorite, multiplication and division bingo," said Airman Wong.

When volunteering with children, Airman Wong says it is especially important to follow-through with your commitments.

"When you volunteer for programs such as SOS, it is a commitment," she said. "There are some tutors who show up once and never show up again. It really breaks their hearts, and they are always asking me, 'When is my tutor going to come?'"

While Airman Wong stays busy with work, school and volunteering with SOS, she also finds the time to volunteer on base. She holds the position of president of Make a Difference Crew, and with the help of other members of the organization, volunteers to raise money for events on base.

Most recently, she has worked with the Denver Broncos during the New England Patriots and Pittsburgh Steelers play-off games. MAD Crew's participation in these two games earned the organization



Photo by Senior Airman Tessa Cubbon

Senior Airman Monica Wong, 90th Missile Security Forces Squadron, reads to students at Freedom Elementary April 6. Airman Wong volunteers with the Save One Student program and the Make a Difference Crew.

more than \$5,000 which was used to fund numerous on-base events.

"The Airmen benefited most from this," she said. "Most of that money went to start up the [MAD Crew] scholarship program and guaranteed its funds for two years. Some of that money also went to fund the Saint Patrick's Day party that was held at the Trail's End Club. We gave away over \$600 worth of prizes."

She also volunteers for other on-base events including Military Equal Opportunity heritage observance months.

"Through volunteering

and support of different organizations, she has definitely made each one better," said Tech. Sgt. Brian VanHoose, 90th Missile Security Forces Squadron, and Airman Wong's supervisor while she was Sponsorship Program Coordinator for the 90th Security Forces Group. "She takes the time to assist others on a daily basis because she knows it is the right thing to do, without the expectation that she will ever be praised or recognized for her actions."

Airman Wong encourages Warren Airmen to find the time to volunteer, not

because it is required, but because they truly want to help.

"Volunteering is not just for an EPR bullet. You should volunteer out of the kindness of your heart," she said.

Although Airman Wong has won many awards in the past few years, she would rather be known for the work she does in the community and on base.

"I won a pretty big award last year, but I don't want people to know me for that title anymore," said Airman Wong. "I'd rather people know me for the good things that I do."



Photo by Jack Colvin

BOWLING WITH GRACE

Brittane Thomas, 13, took top honors in the Air Force youth Bowl by Mail program, winning first place for high game and third place for high series. The following Warren participants, ages 5 to 18, competed at the Air Force Space Command level against 193 participants from five bases: Jeremiah Gill, Kayla Rognoni, Lonnie Bottcher, Rebekah Bylow, Dustin Linde, Kyle Kinnick, Kekai Punahele, Samantha Chadwick, Cameron Maloney, Katie Howard, Bryan DeVore, Blake Soule, Brittane Thomas, Cory Barge, Jason Rognoni, Lauren Crocker, Kristen Hereford, Kayla Bates and Sabrina Sawicki. Warren youth bowlers won 70 percent of the awards at the event.

Spring and summer safety: Test your knowledge

90th Space Wing Safety office

How much do you really know about the hazards involved in various spring and summer activities? Take the safety quiz to find out.

1. If you think lightning is about to hit, it is best to lie flat on the ground. T/F
2. When hiking, if I bring a partner, there is no need to tell anyone where I am going. T/F
3. When hiking, it is recommended to bring a cell phone. T/F
4. When water skiing, you need at least two people in the boat. T/F
5. You should always test

water depth before diving in unfamiliar waters. T/F

6. It is safe to water ski at night due to the smooth conditions of the water. T/F

7. You should avoid swift-moving water. When caught in a current, swim with and angle toward the shore or the edge of the current. T/F

8. Alcohol consumption is recommended for swimming because it increases your buoyancy. T/F

9. Riding a bicycle facing traffic, like a pedestrian walks, is the safest position. T/F

10. Riding on sidewalks and off the roadway com-

pletely is the best way to avoid accidents. T/F

Answers

1. False. That advice dates back to when dirt was invented. Lightning induces electric current along the surface of the ground that can be deadly. Best thing to do is get in the "lightning crouch." That is when you put your feet together, squat low, tuck your head and cover your ears.

2. False. If you think nobody pays attention to you now, imagine being stranded somewhere in the woods, and you told no one. You are going to be there a while.

3. True. Cell phones +

hiking = good.

4. True. One is required for "driving"; the other is for keeping an eye on the poor sap who fell and got a gullet full of lake water. Remember to immediately put the flag up when the skier is down. Then you can laugh all you want.

5. True. Stupid question right? But some people don't do it.

6. False. It is illegal to water ski past dark.

7. True.

8. False.

9. False.

10. False. Riding on the sidewalk is illegal in most states. Generally, cyclists and pedestrians don't mix

well. Motorists pulling out of side streets or driveways are not looking for cyclists on the sidewalk. A study has shown that cyclists riding on the sidewalk are about twice as likely to have an accident as cyclists riding on the roadway.

This test does not end here. The real test results will appear at the end of summer. It is our deepest desire to have you all with us then. I hope you will take something out of this article and keep it in mind for the summer.

Think about operational risk management and safety before, during and after daily activities.

Florida native volunteers with Special Olympics Graduated police academy before joining Air Force



Photo by Senior Airman Tessa Cubbon

Airman 1st Class Jorge Richardson, 90th Security Forces Squadron, talks on a radio Saturday. Airman Richardson was chosen for Guardian Challenge, won Airman of the Quarter and volunteers for Meals on Wheels and the Special Olympics.

Airman 1st Class Jorge Richardson, 90th Security Forces Squadron, recently sat down with Senior Airman Tessa Cubbon, 90th Space Wing Public Affairs, to talk about attending a police academy and tips on becoming Airman of the Quarter.

What do you do at the 90th Security Forces Squadron?

I'm mostly a patrolman, but they switch me out once in a while. Tonight I have to go to the WSA (weapons storage area) but most of the time they put me on patrol.

What's the best part about your job?

The people interaction.

You were named Airman of the Quarter, right?

Yes, at the squadron and group level.

How did you do that?

[By doing] the little stuff. I went to [Biloxi, Miss.] for hurricane relief, Guardian Challenge, knowing my job and general stuff you would do to get employee of the month.

What did you do before you joined the Air Force?

I had just graduated from a police academy before I came to basic, but I'd been working at a place called Peace River Center Crisis Unit [in Florida]. They help people who are in psychiatric need. I worked in group therapy most of the time.

Where are you from?

Wauchula, Fla.

Describe a typical work day:
Tonight I'm on the fire team. We'll probably go out in to the area and wait for something like an alarm to go off. They put me there (in the WSA) when they need me.

What do you do when you're not working?

Mostly work out, hang out with my buddies and sometimes go to the movies.

Who's your hero?

My mom because she's just an inspiration for me. [She's] the reason I am the way I am, maturity-level wise.

When you were a kid, what did you want to be when you grew up?

A wrestler because I thought it was neat.

When did you decide you didn't want to be a wrestler?

When I was about 12 years old I decided I wanted to be a cop.

What's the biggest honor you've ever had?

Graduating from a police academy.

How old are you?

I'm 21.

And you already graduated from a police academy?

In Florida you only have to be 19 to be certified. You can go through the police academy and get hired, but you have to have someone buy your ammunition and your weapons. It's kind of weird having your girlfriend buy your bullets and stuff for your classes.

You're also participating in Guardian Challenge?

I tried out for it this year and made the first cut in January. We were supposed to get released from flight to go, but they cancelled that, so we're waiting. It's going to be in August in Colorado. We can't train as a full team with our trainer until 30 days prior to the competi-

tion. I'm really excited to go.

And you also did the Jackalope Jump to raise money for the Special Olympics?

Yes, that was a thing with Master Sgt. David Torres, (90 SFS). I just help set up tents and stuff. Apparently they've got channels where they just jump in ice water. It was kind of weird, so I didn't jump in.

What did you do to help with the Hurricane Katrina relief effort at Keesler Air Force Base, Miss?

The security forces down there were in need of relief, so we basically took over their jobs.

How long were you down there?

I think about 26 days.

You're also involved in the Air Force Assistance Fund, right?

I was just a [representative] for it this year and had to make contact with the squadron. I went around the squadron collecting money for the AFAF.

What other volunteer work do you do?

I give blood, I did meals on wheels and I'm also the physical training monitor for the flight.

What's your favorite part about Warren?

Definitely the people.

Why did you join the Air Force if you went to the police academy?

I figured I'd join the Air Force and get some experience, some education and hopefully get hired at a nice [police] department.

What do you hope to do with your life?

I want to get out and go work at the Florida Department of Law Enforcement, but they want at least five years of experience. I don't have that, so I'm probably going to work from my hometown department as a cop until I can work for the FDLE.

This page is reserved to recognize outstanding Warren members.
To nominate, e-mail Capt. Nicole Walters at nicole.walters@warren.af.mil.

Argo Gold Mine trip

Outdoor recreation is hosting a trip to the Argo Gold Mine near Idaho Springs, Colo., April 29. The tour will include extensive mine history and demonstration in crushing, milling and rock drilling. The trip costs \$19 for adults, \$13 for children ages 7 to 12 and \$8 for children under 7. Transportation and admission to mine is included. The trip is scheduled to depart outdoor recreation at 7 a.m. and will return approximately 4 p.m.

For more information, call 773-2988.

Free used vehicle inspection

Save \$26 and get a free used vehicle inspection during the month of April at the auto skills center. This special is limited to one car per person.

Call 773-3869 for an appointment.

Used car lot

The base used car lot is located southeast of the auto skills center. Anyone inter-

ested in placing a vehicle in the lot must register at the auto skills center. Monthly fees are \$10.

For more information, call 773-3869.

Boxing exhibition

A boxing exhibition is scheduled to be held 7 p.m. today at the community center.

The Warren Boxing Team will be showing off their skills in exhibition matches. Snacks will be available.

For more information, call 773-3510.

Honor guard training

Dedicated, professional men and women are needed to serve Warren's Elite Honor Guard and Drill Team. A training class is scheduled Monday through April 21.

For more information, call 773-2686.

Joining Forces at Six Flags

Joining Forces, open to active duty, guard, reserve, retirees, DoD civilians, base contractors, family members

and friends, is at Six Flags and is scheduled for 10 a.m. to 6 p.m. Saturday. Tickets are now available at outdoor recreation for \$19 per person and include lunch and a free return ticket for September or October.

Regular weekend park admission price is \$44.99. Bus transportation is \$10 while seats are available. Sign-up while purchasing your tickets. Parking at the park is \$10 per car.

For more information, call ODR at 773-2988.

Ladies Golf Association

Ladies interested in playing in the Ladies Golf Association this summer are encouraged to attend a registration meeting April 24 at 9 a.m. at the Warren Golf Club.

For more information, call 773-3556.

Chadwell birthday meal

Chadwell Dining Facility will host a special birthday meal at 5 p.m. April 24 for eligible patrons, senior airmen and below, whose birthdays are celebrated in January,

February or March. Sign up with your first sergeant.

For more information, call 773-3838.

Hip Hop All Nighter

The Trail's End Club is having a Hip Hop All Nighter 9 p.m. to 3 a.m. April 22. The cost is \$2 for club members and \$5 for nonmembers. DJ Ice will perform.

For more information, call 773-3048.

Martial arts classes

Shorin-Ryu/Okinawan classes are held 6:30 to 8 p.m. Mondays and Wednesdays at the community center. The cost is \$30 per person, and \$65 for a family of four. Kevin Vance, a third-degree black belt, is the instructor.

For more information, contact the community center at 773-3510.

Mongolian night

The Trail's End Club is scheduled to have a Mongolian night from 5 to 7 p.m. April 27. The cost ranges from \$7.95 to \$12.95. A child's plate costs \$4.95.

Reservations are recommended.

For more information, call 773-3048.

Youth Space Camp

Do you have the Right Stuff? This is the question the Air Force is asking 12 to 18 year old DoD members. The space camp is held July 30 to Aug. 4 at the U. S. Space and Rocket Center in Huntsville, Ala. Interested youth, teens and parents can learn more about the program and pick up an application at the Warren Youth Center. The application deadline to the youth center is noon on April 24.

For more information, call 773-2564.

Children's story time

Story time is held every Friday at 11 a.m. at the base library.

Today - National Ocean Week

April 21 - National Wildlife Week

April 28 - National Arbor Day

For more information, call 773-3416.

LARAMIE COUNTY SCHOOL DISTRICT #1 KINDERGARTEN ROUNDUP SCHEDULE

School	Date	Time
Afflerbach	April 20	5:30 to 7 p.m.
Alta Vista	April 18	6 to 7 p.m.
Anderson	April 18	8 a.m. to 3 p.m.
Arp	April 17	8:30 to 11:30 a.m., 12:30 to 3:30 p.m.
Baggs	April 17	3:30 to 7 p.m.
Bain	April 20	5:30 to 7:30 p.m.
Buffalo Ridge	April 21	9 a.m.
Cole	April 18	6 p.m.
Davis	April 19	6:30 p.m.
Deming	April 19	3 p.m.
Dildine	April 20	8 a.m. to 3 p.m.
Freedom	April 18	6 to 7 p.m.
Goins	April 17	4 p.m.
Hebard	April 18	2 to 6 p.m.
Henderson	April 19	9 a.m. and 1 p.m.
Hobbs	April 18	6 p.m.
Jessup	April 18	6 p.m.
Lebhart	April 18	6:30 to 7:30 p.m.
Pioneer Park	April 18	1:30 p.m.
Rossman	April 18	6 to 7 p.m.
Gilchrist	April 19	3:30 p.m.



APRIL COMMUNITY COLLEGE OF THE AIR FORCE GRADUATES

Tech Sgt. Benjamin Arioso
Master Sgt. Willard Armagost
Master Sgt. John Balderaz
Tech Sgt. Tony Bostic
Tech Sgt. Johnathan Byrd
Tech Sgt. Michael Byrd
Staff Sgt. Angela Carter
Staff Sgt. Sandra Cichon
Master Sgt. Donald Crosby
Master Sgt. Brooke Cushing
Master Sgt. Terrie Davidson
Senior Airman Joseph Franks
Staff Sgt. Jeffrey Gillay
Master Sgt. Michael Graham
Staff Sgt. Anthony Guillory
Airman 1st Class Tyler Hare
Master Sgt. Fred Hofeldt
Airman 1st Class Cecil Hyder
Staff Sgt. Ricky Karicas
Tech. Sgt. Alan Landers
Master Sgt. Paul Linde
Special Agent Benjamin Martin
Staff Sgt. Christina Martinez
Tech. Sgt. Timothy McCulloch
Senior Airman Ronald McLaughlin
Airman 1st Class Katherine Monohan

Staff Sgt. Jared Moran
Staff Sgt. Jason Moritz
Airman 1st Class Ryan Morton
Tech. Sgt. Lesley Perrine
Senior Airman Jennifer Piskorick
Master Sgt. Kenneth Rennekamp
Airman 1st Class Randy Rose
Master Sgt. Robert Russell
Senior Airman Catherine Serrano
Tech. Sgt. Michael Silva
Master Sgt. Shawn Swidecki
Tech. Sgt. David Thibodeau
Staff Sgt. Jefferson Thorpe
Senior Airman Nathan Unger
Master Sgt. Karmella VanStokum
Airman 1st Class Nathan Veloz
Master Sgt. Donald Vrabel
Staff Sgt. Curtis Webb
Staff Sgt. Joshua Woodard
Airman 1st Class Robert Yosko

The Combined Commencement Ceremony honoring the April and October 2006 CCAF graduates, Embry-Riddle and Park University graduates will be held Wednesday, Nov. 8.

Education briefs

Strong and MBTI available

The Strong Interest Inventory and Myers Briggs Type Indicator are available to take through the Warren Education Center. For more information, contact Sharon Edwards at 773-4889.

Need a tutor?

The education center staff has compiled a list of tutors available for active duty students enrolled in college courses. Those interested in obtaining the assistance of a tutor, call the education center at 773-2117.

Commissioning workshop

The education center is presenting a commissioning workshop at 2 p.m. May 9 at the education center, Room 24. Presentations will include AFROTC programs, Officer Training School and the Air Force Academy and prep school.

To register for the workshop or for more information on commissioning programs, call 773-2117.

Attention University of Phoenix students

A University of Phoenix representative is available at the education center, Room 28, to meet with students enrolled in UOP programs from 1 to 3 p.m. Mondays.

HOLOCAUST DAYS OF REMEMBRANCE SCHEDULE OF EVENTS

- Base chaplain service April 23 to 30
- Candle lighting ceremony 10 a.m. April 24 at Building 212 (the Chapel Activities Center)
- Storyboard displays, depicting chronology from forced deportations to mass slaughter, will be set-up at the base library, BX, commissary, fitness centers and Chadwell Dining Facility April 23 to 30
- A literature display, covering World War II will be displayed at library April 23 to 30
- A retreat ceremony will be held 4 p.m. April 27 at the base flag pole.

To find out the latest information on base including FPCON, INFOCON, exercise information and applicable delays and closures

Call the Warren Straight-Talk Line
773-2222



IF YOU HAVE AN ISSUE...

If you have an issue you would like the commander to address call the **Commanders Action Line at 773-4422**. Leave your name, number and the issue.

Issues also can be e-mailed to actionline@warren.af.mil. This venue is open to all base employees, contractors and spouses.

